



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09421, Dates, medjool

Report Date: June 30, 2017 04:41 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-------------------------------------|------|-------------------|----------------|------------|-------|-------|----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water ^{1 2} | g | 21.32 | 2 | -- | 19.53 | 23.11 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2003 |
| Energy | kcal | 277 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |
| Energy | kJ | 1160 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |
| Protein ^{1 2} | g | 1.81 | 2 | -- | 1.67 | 1.96 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2003 |
| Total lipid (fat) ^{1 2} | g | 0.15 | 2 | -- | 0.1 | 0.21 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2003 |
| Ash ^{1 2} | g | 1.74 | 2 | -- | 1.69 | 1.79 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2003 |
| Carbohydrate, by difference | g | 74.97 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |
| Fiber, total dietary ^{1 2} | g | 6.7 | 2 | -- | 5.9 | 7.4 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2003 |
| Sugars, total ^{1 2} | g | 66.47 | 2 | -- | 65.21 | 67.72 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2003 |

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|--|------|----------------|-------------|------------|-------|-------|----|----|----|-----------|---------------------------------------|---------|---------------|
| Sucrose 1 2 | g | 0.53 | 2 | -- | 0.48 | 0.58 | -- | -- | -- | 2 | Analytical or derived from analytical | | -- 04/2003 |
| Glucose (dextrose) 1 2 | g | 33.68 | 2 | -- | 32.83 | 34.53 | -- | -- | -- | 2 | Analytical or derived from analytical | | -- 04/2003 |
| Fructose 1 2 | g | 31.95 | 2 | -- | 31.53 | 32.37 | -- | -- | -- | 2 | Analytical or derived from analytical | | -- 04/2003 |
| Lactose 1 2 | g | 0.00 | 2 | -- | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | | -- 04/2003 |
| Maltose 1 2 | g | 0.30 | 2 | -- | 0.27 | 0.34 | -- | -- | -- | 2 | Analytical or derived from analytical | | -- 04/2003 |
| Galactose 1 2 | g | 0.00 | 2 | -- | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | | -- 04/2003 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca 1 2 | mg | 64 | 2 | -- | 60 | 69 | -- | -- | -- | 2 | Analytical or derived from analytical | | -- 04/2003 |
| Iron, Fe 1 2 | mg | 0.90 | 2 | -- | 0.79 | 1.01 | -- | -- | -- | 2 | Analytical or derived from analytical | | -- 04/2003 |
| Magnesium, Mg 1 2 | mg | 54 | 2 | -- | 53 | 55 | -- | -- | -- | 2 | Analytical or derived from analytical | | -- 04/2003 |
| Phosphorus, P 1 2 | mg | 62 | 2 | -- | 60 | 64 | -- | -- | -- | 2 | Analytical or derived from analytical | | -- 04/2003 |

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|--|------|----------------|-------------|------------|------|------|----|----|----|-----------|---------------------------------------|---------|---------------|
| Potassium, K 1 2 | mg | 696 | 2 | -- | 690 | 701 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2003 |
| Sodium, Na 1 2 | mg | 1 | 2 | -- | 0 | 1 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2003 |
| Zinc, Zn 1 2 | mg | 0.44 | 2 | -- | 0.43 | 0.45 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2003 |
| Copper, Cu 1 2 | mg | 0.362 | 2 | -- | 0.35 | 0.37 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2003 |
| Manganese, Mn 1 2 | mg | 0.296 | 2 | -- | 0.28 | 0.31 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2003 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid 1 2 | mg | 0.0 | 2 | -- | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2003 |
| Thiamin 1 2 | mg | 0.050 | 2 | -- | 0.05 | 0.05 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2003 |
| Riboflavin 1 2 | mg | 0.060 | 2 | -- | 0.06 | 0.06 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2003 |
| Niacin 1 2 | mg | 1.610 | 2 | -- | 1.45 | 1.77 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2003 |
| Pantothenic acid 1 2 | mg | 0.805 | 2 | -- | 0.76 | 0.85 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2003 |

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|---|------|----------------|-------------|------------|------|------|----|----|----|-----------|---------------------------------------|---------|---------------|
| Vitamin B-6 1 2 | mg | 0.249 | 2 | -- | 0.23 | 0.27 | -- | -- | -- | 2 | Analytical or derived from analytical | | -- 04/2003 |
| Folate, total 1 | μg | 15 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | | -- 04/2003 |
| Folic acid | μg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | | -- 05/2003 |
| Folate, food | μg | 15 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | | -- 04/2006 |
| Folate, DFE | μg | 15 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | | -- 04/2006 |
| Choline, total 1 | mg | 9.9 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | | -- 04/2006 |
| Betaine 1 | mg | 0.4 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | | -- 04/2006 |
| Vitamin A, RAE 1 2 | μg | 7 | 2 | -- | 6 | 9 | -- | -- | -- | 2 | Analytical or derived from analytical | | -- 04/2003 |
| Carotene, beta 1 2 | μg | 89 | 2 | -- | 72 | 107 | -- | -- | -- | 2 | Analytical or derived from analytical | | -- 04/2003 |
| Carotene, alpha 1 2 | μg | 0 | 2 | -- | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | | -- 04/2003 |
| Cryptoxanthin, beta 1 2 | μg | 0 | 2 | -- | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | | -- 04/2003 |

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|---|------|-----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Vitamin A, IU 1 2 | IU | 149 | 2 | -- | 120 | 178 | -- | -- | -- | 2 | Analytical or derived from analytical | | -- 04/2003 |
| Lycopene 1 2 | µg | 0 | 2 | -- | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | | -- 04/2003 |
| Lutein + zeaxanthin 1 2 | µg | 23 | 2 | -- | 17 | 29 | -- | -- | -- | 2 | Analytical or derived from analytical | | -- 04/2003 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | | -- 11/2008 |
| Vitamin D | IU | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | | -- 02/2009 |
| Vitamin K (phylloquinone) 1 2 | µg | 2.7 | 2 | -- | 2.7 | 2.8 | -- | -- | -- | 2 | Analytical or derived from analytical | | -- 04/2003 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total trans | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | | -- 06/2015 |
| Amino Acids | | | | | | | | | | | | | |
| Tryptophan 1 2 | g | 0.007 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | | -- 04/2003 |
| Threonine 1 2 | g | 0.042 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | | -- 04/2003 |
| Isoleucine 1 2 | g | 0.045 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | | -- 04/2003 |
| Leucine 1 2 | g | 0.082 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | | -- 04/2003 |

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| Lysine 1 2 | g | 0.054 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Methionine 1 2 | g | 0.017 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Cystine 1 2 | g | 0.046 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Phenylalanine 1 2 | g | 0.048 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Tyrosine 1 2 | g | 0.016 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Valine 1 2 | g | 0.066 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Arginine 1 2 | g | 0.060 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Histidine 1 2 | g | 0.029 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Alanine 1 2 | g | 0.078 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Aspartic acid 1 2 | g | 0.220 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |

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| Glutamic acid ^{1 2} | g | 0.265 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Glycine ^{1 2} | g | 0.090 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Proline ^{1 2} | g | 0.111 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |
| Serine ^{1 2} | g | 0.062 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2003 |

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5f, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5m, 2001 Beltsville MD